



Getting Ready Sheets

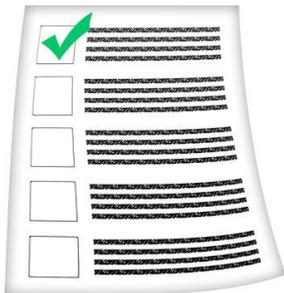
Information for direct support staff supporting people to get involved in the health assessment framework

What's it all about?



These sheets are aimed at direct support staff, advocates involvement workers and anyone else who has a role in supporting people with learning disabilities to have a voice in the Health Self Assessment Framework.

The framework is a list of questions which help areas check:



1. What good things are happening to keep people with learning disabilities and their families healthy where they live.
2. What things need to get better to keep people with learning disabilities and their families healthy where they live.
3. What needs to be done to make things better about health.



The Primary Care Trusts and the Learning Disability Partnership Boards make sure this process happens across the country.

There are two main parts to the process where people can really get involved. These are:



Getting Ready Meetings: These are meetings to gather information from people with learning disabilities and their families about health services.



Big Health Check Days: These are days where everybody gets together to think about what people have said about health services in the getting ready meetings. The three big things on the day are:

- Celebrating what's good
- Deciding together what score they should give themselves
- Decide together the most important things to work on



The framework is about ALL health services and we want to make sure people with learning disabilities can use their direct experience to tell us how things are.



We know that for some people support to do this is really important and we hope these sheets will help anyone supporting people to get involved.

IMPORTANT: These questions are not meant to be used without involving the people you support. They can be used before coming to a meeting to:



- Work on a one to one basis with somebody you support or your advocacy partner
- Help facilitate a group session possibly at a self advocacy group or tenants meeting.
- help you support people to fill out a 'My Health Story' sheet. People can then bring the sheets to a Getting Ready Meeting to share their views and experience



There is a sheet called the 'Talking Health Sheet'. You can use this to help explain things or new words you might talk about

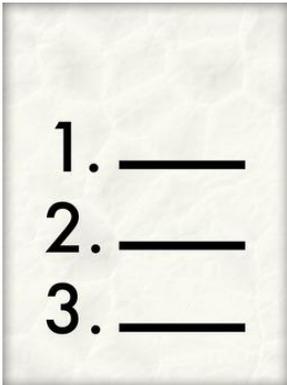
Some things to think about when involving people in the Health Self Assessment Framework



1. Try get people to give examples. Don't just record "Doctors are brilliant". What is really useful is if you can explore why doctors are brilliant. For example:

"My Doctor talks to me and not just my support, she lets me go straight in because waiting around makes me nervous"

2. We need to know about things that have happened over the last year.
3. If you find out something bad that has happened to somebody over the last year or a long time ago you should check they are getting the right support and are safe.
4. People do not have to answer all the questions. They should just answer the ones that are most important to the person/people you are working with.
5. Sometimes 'I don't know' can tell us a lot! If everybody you are supporting to get involved has never heard of a Health Action Plan or their local Learning Disability Partnership Board this may be telling us something really important.

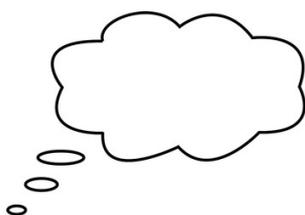


Below are the three big headings from the framework with some things to think about below them.



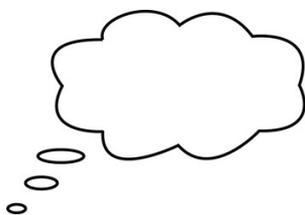
Standard 1: Access to health care - This is about making sure people with learning disabilities can be as healthy as everyone else. Some things you might want to think about are:

- Have the people you support been to hospital recently? What was it like?
- Have people had an Annual Health Check? If not why?
- Do people have a Health Action Plan? Do they use it to stay healthy or manage their health?
- Have they been invited to be screened for things like Cancer, did they go?
- Have the people you support had help with their asthma, stopping smoking, depression, mental health or dementia?



Standard 2: People who need a lot of support stay as healthy as they can be (complex Needs)

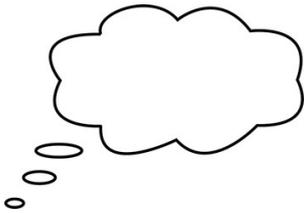
- Do services have the right information about the people you support to get a service that works for them?
- Do people with complex needs get the right support as they become older? Has anyone you support had direct experience of this?
- Do people in prison or people who have committed a crime get good support?





Standard 3: Keeping people safe, big decision making and making things be the best they can be

- Are people safe in services, including people living in a different area to where they were born?
- Do services stick to the law such as the Mental Capacity Act or the Equalities Act 2010
- Are there big meetings/partnerships set up to make decisions about how to do things where you live? Do you go to any of these?
- Do services learn from the mistakes they make, especially if this means somebody made a complaint?
- Do people with learning disabilities and their families get involved in making health services better? This might include training, interviewing staff, checking services or anything else?



Good support really helps people be part of the Health Self Assessment Framework and we hope that these sheets help. We look forward to seeing you there at the meetings.

